

# PHYSICAL EDUCATION ASSESSMENT

## Technical

### Bands

Technique / tactics                      1 2 3 4 5 6 7 8 9

Grade	*	A	B	C	D	E	F
Band	9	8	7	6	5	4	3



# ACE

**Excellent   Gold   Silver   Bronze   Low**

- Endurance                      -800m
- Speed                            -Shuttle run
- Power                            -Standing broad jump
- Co-ordination                -Hand wall
- Core                              -Partial curl-ups

Compare to normative data.

Test 3x per year.

Monitor progression

## Physical

## Psychological

Student Name:		Effort Score(/36)		Effort Grade:		Teacher Grade:	
Learning Behaviour	A Full Effort	B Developing Effort	C Insufficient Effort	D Lack of Effort			
	Means being committed to getting the most out of all learning opportunities available. It is what all students should aim for.	Means being a responsible and hardworking student, who tries their best almost all of the time.	Means that a student is probably doing most of what they are supposed to do, but is failing to push themselves or make the most of the opportunities available.	Means that a student needs support or intervention to become a more responsible learner.			
Accepting responsibility	Does more than asked to do by the teacher, volunteers, Self-monitors	Accepts responsibility when asked and does a good job, Self-monitors	Will wait until asked then will do the bare minimum & needs an occasional reminder from the teacher	Will wait until asked then is very reluctant & needs one-on-one supervision			
Pace in activity	Nonstop energy	Stays with the pace of the activity or class	Just enough pace to get by	Lethargic			
Level of concern to Progress	Serious and focused	Concerned at certain times	Silly, inconsistent	Casual, uncaring			
Confidence	Confident that they can help the team succeed	Confident in most sports	Confident in a few select sports	Little or no self-confidence			
Problem solving	Asks thought provoking questions that is relevant	Will help to solve basic problems	Quiet, shy, lets others problem solve	Asks silly questions for attention and irrelevant to topic			
Tries new skills/challenges	Able to accept failure when attempting new skills/challenges	Not afraid to attempt new skills/challenges	Will only try new skills/challenges if they perceive that they can be successful	Very reluctant to try new skills/challenges			
Lesson Engagement	Spends the entire time engaged in activity	Engaged more during game play	Engaged a minimum amount of time	Mind wonders			
Seeks Help	Not shy about seeking help from peers or teacher	Selective as to who they chose to seek help from	Will seek assistance only if obviously necessary	Will not seek assistance from anyone			
Heart Rate	Will work hard enough to sweat, pushes beyond limitations	Works at a moderate level, tolerates activity	Works inconsistently, works when the teacher is looking at them	Avoids intense activity, looks for short cuts			
Equipment	You bring the correct P.E. kit to every lesson and always remember to remove jewellery without being asked.	You usually bring the correct P.E. kit to every lesson and mostly remember to remove jewellery without being asked.	You do not always bring the correct P.E. kit to every lesson and rarely remember to remove jewellery without being asked.	You rarely bring the correct P.E. kit to every lesson and rarely remember to remove jewellery without being asked.			

### Bands

Coaching                                      1 2 3 4 5 6 7 8 9  
 Leadership                                    1 2 3 4 5 6 7 8 9

Assess when pupils are given opportunity to take on another role

## Social